



10/20/2015

NBRC Lap Pool

November 2-8

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:00am	Lap Swim 6:00-9:00	Lap Swim 6:00-8:00	Lap Swim 6:00-9:00	Lap Swim 6:00-8:00	Lap Swim 6:00-9:00	LG Training 11/8, 11/9, 11/14, and 11/15 Lane Availability reduced by 1 lane.			
6:30am						3 lanes open 7:00-9:00 Boulder Swimming	2 lanes open 8:00-9:30 B&M		
7:00am									
7:30am									
8:00am									
8:30am		4 lanes open 8:00-9:00 Drop-in H2O Fit	4 lanes open 8:00-9:00 Drop-in H2O Fit						
9:00am	4 lanes open 9:00-10:00 Drop-in H2O Fit	Lap Swim 9:00-12:00	4 lanes open 9:00-10:00 Drop-in H2O Fit	Lap Swim 9:00-12:00	4 lanes open 9:00-10:00 Drop-in H2O Fit	3 lanes open 9:00-11:00 Flatirons Not 11/7	4 lanes open 9:30-10:30 B&M		
9:30am									
10:00am	Lap Swim		Lap Swim		Lap Swim	Lap Swim			
10:30am	3 lanes open 10:30-11:30 B&M		3 lanes open 10:30-11:30 B&M		3 lanes open 10:30-11:30 B&M	Lap Swim 11:00-1:00	Lap Swim 10:30-1:00		
11:00am									
11:30am	Lap Swim 11:30-4:00		4 lanes open 12:00-1:00 B&M		4 lanes open 12:00-1:00 B&M				
12:00pm									
12:30pm									
1:00pm		Lap Swim 1:00-5:45		Lap Swim 11:30-4:00		Lap Swim 1:00-7:00	Lap Swim 11:30-4:00	4 lanes open 1:00-4:00 Open Swim, Drop Slide, & Diving Board	4 lanes open 1:00-4:00 Open Swim, Drop Slide, & Diving Board
1:30pm									
2:00pm									
2:30pm									
3:00pm									
3:30pm									
4:00pm	4 lanes open 4:00-5:30 Elks	4 lanes open 4:00-5:30 Elks	3 lanes open 4:00-5:30 Elks & Training	Lap Swim 4:00-6:30	Lap Swim 4:00-7:30				
4:30pm									
5:00pm	Lap Swim	7 lanes open	7 lanes open 5:30-7:00 LG Training						
5:30pm	3 lanes open 6:00-7:00 B&M & Lessons	4 lanes open 5:45-6:45 Drop-in Zumba	6 lanes open 6:00-7:00 Lessons						
6:00pm	4 lanes open Drop in H2O Fit 7:00-8:00	6 lanes open 7:00-8:00 Water Polo Fitness	Lap Swim 7:00-9:00	6 lanes open 7:00-8:00 Water Polo Fitness					
6:30pm									
7:00pm									
7:30pm									
8:00pm	Lap Swim 8:00-9:00								
8:30pm									
9:00pm									

"Lanes open" indicates lanes open to the public.

****POOL SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME****

For more information call 303-413-7260 or go to www.boulderaquatics.org